

## COUNSELLING SELF-EVALUATION

This form is for the Counsellor to self-evaluate how they think they did in a particular session. It is best not to identify the particular client so that the data is the property of the counsellor rather than the client.

Date:

Session No:

Be as objective as you are able in assessing how you think you performed

CATEGORY	DONE WELL	OPPORTUNITY TO IMPROVE	RAPPORT
RAPPORT			
VERBAL COMMUNICATION			
NON-VERBAL COMMUNICATION			
LISTENING			
EMPATHY/EMOTIONAL INTELLIGENCE			
EDUCATION / TOOLS			
EMPOWERMENT			
QUESTIONING TECHNIQUE			
FEEDBACK			
TECHNIQUES/ MODALITIES			
SESSION CONTROL / FOCUS			
GOAL AND ACTION PLANNING			



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Additional notes/matters to discuss with mentor/supervisor:

Conclusions from further discuss with mentor/supervisor:

Key Suggestions / Action Steps:

- 1.
- 2.
- 3.

